Abstract of the Disclosure

A shock absorber for a shoulder strap is provided. The shock absorber includes a panel-like absorbing portion having a plurality of protrusions filled with air and hermetically and separately sealed, and a reinforcement portion sewed together with the absorbing portion and connected to the middle of the shoulder strap having a predetermined width. Accordingly, the weight of the load due to the bag or carried item is alleviated, thereby softening the pain on the shoulder. Therefore, while carrying the bag or item, the user may not be fatigued and feels comfortable.